

WHITE OAK SENIOR CENTER

November 2023

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line				
Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners				
Mon	Tue	Wed	Thu	Fri
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov Kathei Brown Program Assistant Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Program Assistant Obehi Ighile Nutrition Manager	Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes. White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided	1 9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 9:30am-10:30am Morning Chat & Chew 9:30am-11am Tatting Basics (Shuttle) w/Deborah 10am-11am Seated Yoga w/Regine 1pm-2pm Bingo Blast (Espanol)	2 9am-10am Zumba Gold w/Amy *9am-12pm* CASSA Programs 9am-10am Chat & Chew w/Denise 10am-11:15am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	3 9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10am-12pm Knitting Club w/Lim & Mary 10:30am-11:30am 55+ Ballet Basics 10:30AM-12PM Low Impact Exercise Video 12:30pm-3:30pm American Mah Jongg 1pm-2pm Integral Tai Chi Class w/JJ

Mon	Tue	Wed	Thu	Fri
6	7	8	9	10
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p><i>11am-12pm Health Education: Heart Disease & Stroke</i></p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>12:45pm-1:45pm West African Dance w/Everest Wellness</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-12pm Walmart Shopping Trip</p> <p>9:30am-1:30pm Kensington Club</p> <p>9:30am-10:30am Morning Chat & Chew</p> <p>9:30am-11am Tatting Basics (Shuttle) w/Deborah</p> <p>10am-11am Seated Yoga w/Regine</p> <p>1pm-2pm Bingo Blast (Espanol)</p>	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-11:15am Soul Line Dance w/Peytrienne</p> <p>10am-12pm Pickleball</p> <p><i>10:30am-11:30am Mah Jongg Class w/Barbara</i></p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>11am-12pm Salute to Our Veterans w/Mr. Ware</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person & Beginner's Welcome)</p>	<p>Center Closed for Holiday Veteran's Day Observed</p> 

Mon	Tue	Wed	Thu	Fri
13	14	15	16	17
<p>9am – 10am Tai Chi (In Person & Virtual. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11am-12pm Health Education: Cholesterol</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>12:45pm-1:45pm West African Dance w/Everest Wellness</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-11am Fitness Center Awareness</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>10am Coffee Conversations</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm All Good Tai Chi(In Person/Virtual Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Virtual Beginner's Welcome)</p> <p>9:30am-11am Tatting Basics (Shuttle)</p> <p>w/Deborah</p> <p>10am-11am Seated Yoga w/Regine</p> <p>10am-10:30am Brain Games/Trivia</p> <p>9:30am-1:30pm Kensington Club</p> <p>11am-12pm Balance Boom</p> <p>1pm-2pm Bingo Blast (Espanol)</p>	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-11:15am Soul Line Dance w/Peytrienne</p> <p>10am-12pm Pickleball</p> <p>10:30am-11:30am Mah Jongg Class w/Barbara</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Virtual Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>10am-12pm Creative Crafts w/Kathei</p> <p>10am-12pm Knitting Club w/Lim & Mary</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1pm-3pm Edible Centerpieces: Healthy Holiday Eating</p> <p>1pm-2pm Integral Tai Chi Class w/JJ</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
20	21	22	23	24
<p>9am – 10am Tai Chi (In Person & Virtual. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11am-12pm Health Education: Blood Pressure</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>12:45pm-1:45pm West African Dance w/Everest Wellness</p>	<p>9am-10am Zumba Gold w/Amy</p> <p>9:30am-10:30am In The News Today w/Nancy</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>10:15am-1:45pm Lunch Bunch: Mango Grove</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Virtual Beginner's Welcome)</p> <p>9:30am-11am Tatting Basics (Shuttle) w/Deborah</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am-11am Thanksgiving Memories</p> <p>12pm-1pm Autumn Music w/Hong</p> <p>11am-12pm Balance Boom</p> <p>1pm-2pm Bingo Blast (Espanol)</p>	<p>Center Closed for the Holiday</p>	<p>Center Closed for the Holiday</p>
				

Mon	Tue	Wed	Thu	Fri
27	28	29	30	
<p>9am – 10am Tai Chi (In Person & Virtual. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>12:45pm-1:45pm West African Dance w/Everest Wellness</p>	<p>9am-10am Zumba Gold w/Amy</p> <p>9:30am-10:30am In The News Today w/Nancy</p> <p>9:15am-1:30pm Mystery Outing:TBA</p> <p>10am-12pm Spiritual Support</p> <p>10am-11am Fitness Center Awareness</p> <p>11:30am-1:30pm Pinochle w/Mr. Kelly</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>1pm-2pm Bingo Blast</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Virtual Beginner's Welcome)</p> <p>9:30am-11am Tatting Basics (Shuttle) w/Deborah</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am-11am Seated Yoga w/Regine</p> <p>10am-11am Who Am I?</p> <p>11am-12pm Balance Boom</p> <p>1pm-2pm Bingo Blast (Espanol)</p>	<p>9am-10am Zumba Gold w/Amy</p> <p>*9am-12pm* CASSA Programs</p> <p>10am-11:15am Soul Line Dance w/Peytrienne</p> <p>10am-12pm Pickleball</p> <p>10:30am-11:30am Mah Jongg Class w/Barbara</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person/Virtual Beginner's Welcome)</p>	<p>*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221</p> <p>Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes.</p> <p>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.</p>

